



574-STOP

Smoking Cessation Program

This highly successful program provides 13 weekly, one-hour sessions that include education, skills training, group support, and nicotine replacement therapy (NRT). Participants use NRT for 10 weeks; **all 10 weeks are provided FREE**. NRT will be dispensed on a week-to-week basis by the class facilitator. NRT approved for these classes are Nicoderm CQ patches, Nicorette Gum or Nicorette Lozenges. Dates listed below are start dates for each series. Additional series may be added, so please call or email for the most up-to-date schedule. Once a series has begun, we cannot add additional participants.

All classes, educational materials, and NRT are provided free.

Advance registration is required.

Call 574-STOP (7867) or e-mail StopSmoking@louisvilleky.gov

January 3, 2013 - Thursdays, 12:00 p.m. - 1:00 p.m., Jewish Medical Center Northeast, 2401 Terra Crossing Blvd.,
2nd Floor Community Room, 40245

January 3, 2013 - Thursdays, 1:00 p.m. - 2:00 p.m., Family Scholar House, 403 Reg Smith Cir., 40208

January 3, 2013 - Thursdays, 4:30 p.m. - 5:30 p.m., Transit Authority of River City (TARC), 1000 W. Broadway, 40203

January 8, 2013 - Tuesdays, 12:00 p.m. - 1:00 p.m., Sullivan University College of Pharmacy, 2100 Gardiner Ln.,
Sullivan University Training Center Room, 40205

January 8, 2013 - Tuesdays, 5:30 p.m. - 6:30 p.m., Bullitt Co. Health Dept. Annex, 181 Lees Valley Rd., Shepherdsville, KY 40165
****THIS CLASS ONLY RECEIVES THE FIRST TWO WEEKS OF NRT FOR FREE****

January 9, 2013 - Wednesdays, 11:00 a.m. - 12:00 p.m., Norton Audubon Hospital, 1 Audubon Plaza Dr., Community Room, 40217

January 9, 2013 - Wednesdays, 6:45 p.m. - 7:45 p.m., Green Castle Baptist Church, 4970 Murphy Ln., 40241

January 10, 2013 - Thursdays, 5:30 p.m. - 6:30 p.m., Norton Suburban Cancer Resource Center, 3991 Dutchmans Ln., Plaza II, Floor, 40207
Joan Riehm Community Room, 3rd

January 10, 2013 - Thursdays, 6:30 p.m. - 7:30 p.m., Sun Valley Community Center, 6505 Bethany Ln., 40272

January 15, 2013 - Tuesdays, 6:30 p.m. - 7:30 p.m., Oldham County Health Dept., 1786 Commerce Pkwy., LaGrange, KY 40031

January 17, 2013 - Thursdays, 6:00 p.m. - 7:00 p.m., Family Health Center Portland, 2215 Portland Ave., 40212

January 18, 2013 - Fridays, 12:00 p.m. - 1:00 p.m., Kentucky Cancer Program, James Graham Brown Cancer Center,
Resource Center, 529 S. Jackson St., 1st Floor, 40202

January 21, 2013 - Mondays, 6:00 p.m. - 7:00 p.m., Norton Audubon Cancer Resource Center, 2355 Poplar Level Rd.,
Medical Plaza West, Ste. 300, 40217

January 24, 2013 - Thursdays, 12:00 p.m. - 1:00 p.m., Louisville Metro Department of Public Health & Wellness, 400 E. Gray St., Forum, 40202

January 24, 2013 - Thursdays, 6:30 p.m. - 7:30 p.m., Catholic Enrichment Center, 3146 W. Broadway, Room C, 40211

January 28, 2013 - Mondays, 11:00 a.m. - 12:00 p.m., Family Health Center, 2215 Portland Ave., 40212

January 28, 2013 - Mondays, 5:00 p.m. - 6:00 p.m., Baptist Hospital East Education Center, 2nd Floor, 4000 Kresge Way, 40207

*****Additional series may be added, so please call 574-5313 or email for the most up-to-date schedule*****

Once a series has begun, we cannot add additional participants



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or e-mail
StopSmoking@louisvilleky.gov

February 6, 2013 Wednesdays, 4:00 p.m. - 5:00 p.m., Shelby County Extension Office, 1117 Frankfort Rd., Shelbyville, KY 40065

****FREE NRT NOT AVAILABLE FOR THIS CLASS****

March 5, 2013 - Tuesdays, 11:00 a.m. - 12:00 p.m., Family Health Center Portland, 2215 Ave., 40212

March 5, 2013 - Tuesdays, 12:00 p.m. - 1:00 p.m., Bullitt Co. Health Dept. Annex, 181 Lees Valley Rd., Shepherdsville, KY 40165

****THIS CLASS ONLY RECEIVES THE FIRST TWO WEEKS OF NRT FOR FREE****

March 27, 2013 - Wednesdays, 1:00 p.m. - 2:00 p.m., Bates Community Development Corp., 1228 S. Jackson St., 40203

April 2, 2013 - Tuesdays, 12:00 p.m. - 1:00 p.m., Transit Authority of River City (TARC), 1000 W. Broadway, 40203

April 4, 2013 - Thursdays, 12:00 p.m. - 1:00 p.m., Sts. Mary & Elizabeth Hospital, Assembly Room, 1850 Bluegrass Ave., 40215

April 9, 2013 - Tuesdays, 5:00 p.m. - 6:00 p.m., Sullivan University College of Pharmacy, 2100 Gardiner Ln.,
Sullivan University Training Center Room, 40205

April 11, 2013 - Thursdays, 6:00 p.m. - 7:00 p.m., Family Health Center Portland, 2215 Portland Ave., 40212

April 18, 2013 Thursdays, 6:30 p.m. - 7:30 p.m., Sun Valley Community Center, 6505 Bethany Ln., 40272

April 22, 2013 Mondays, 11:00 a.m. - 12:00 p.m., Family Health Center Portland, 2215 Portland Ave., 40212

May 17, 2013 - Fridays, 12:00 p.m. - 1:00 p.m., Kentucky Cancer Program, James Graham Brown Cancer Center,
Resource Center, 529 S. Jackson St., 1st Floor, 40202

So you want to quit using tobacco products?

Here are more options:

Kentucky's Tobacco Quit Line

1-800-QUIT NOW (1-800-784-8669)

Kentucky's Tobacco Quitline is a FREE telephone service that helps people quit smoking and using tobacco products. Kentuckians who want to stop using tobacco OR are concerned about a family member or friend's tobacco use are encouraged to call.

The line is open from 8:00 a.m. to 1:00 a.m. (EST) Monday through Sunday. There is a 24-hour voice mail and recorded QuitFacts are also available after hours.

When you call you will receive FREE support and advice from an experienced

quit specialist, a personalized quit program with self-help materials and the latest information about the medications that can help you quit.

Translation service for other languages is available, free of charge, through a translation service at the time of your call. For the deaf and hard of hearing community TTY: 888-229-2182.

